Welcome back to CCAE everyone. What’s up for grabs you may ask.

Enrolments at front desk are now on the way for mid year. Term one has finally had its busy hustle and bustle of new students on campus and existing students from the previous year. Welcome Mid year Students tis great to have you aboard.

This year has many programs on offer from accredited to creative lifestyle programs whatever your interests may be call in and see us at the front desk or visit our new upgrade website and don’t forget to look in the local paper.

“What CCAE course is right for you...?”

Our new upgrade facilities now offer a more comfortable atmosphere for everyone returning back to study. Returning back to study can be a big step and challenge for many adults and here at CCAE the trainers here are quite well aware of how daunting this may be. Our trainers have had many years of experience working with people either focusing on a new career or upgrading your work skills. All you have to do is ask and you will be guided through with attention to care for each and every person that.

### Autumn /Winter Term II

<table>
<thead>
<tr>
<th>Upcoming Events in 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education week</td>
</tr>
<tr>
<td>Morning Breakfast (youth week)</td>
</tr>
<tr>
<td>Craft Market (Volunteers)</td>
</tr>
<tr>
<td>Cambodia Immersion</td>
</tr>
<tr>
<td>Wood Work power tools</td>
</tr>
<tr>
<td>Graduation for 2012 in April</td>
</tr>
<tr>
<td>Fashion Show Committee</td>
</tr>
<tr>
<td>Cinema studies</td>
</tr>
<tr>
<td>Fitness &amp; Nutrition</td>
</tr>
<tr>
<td>Movie nights</td>
</tr>
</tbody>
</table>

**Inside this issue:**

<table>
<thead>
<tr>
<th>Irlen program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milo &amp; Breakfast fundraiser</td>
</tr>
<tr>
<td>Volunteers welcomed</td>
</tr>
<tr>
<td>Revitalise</td>
</tr>
<tr>
<td>Irlen Seminar July</td>
</tr>
<tr>
<td>Aromatherapy</td>
</tr>
</tbody>
</table>

### Meet our Fashion Show Team

Every second Thursday in room 1 at 10.30 am our Fashion Show team meet preparing and organising for a spectacular event the week before Spring. The show was a huge success last year.

If you are interested in been involved please let Peter Minchin know from Community Services. We need tickets to be sold mid year volunteers for the night helping with hair and
Irlen Screens - Very Exciting

In 2012, VCAL Intermediate students were set a project to promote Irlen Syndrome and educate the general public about Irlen Syndrome. Jeremiah’s design won and students then followed his building instructions to replicate his original box (pictured above/to right). There was then a competition for best completed Irlen Box.

Jeremiah won an Achievement Award for Innovative Design, received a gift voucher and has the privilege of CCAE using his Irlen Box to promote and educate the public about Irlen Services and support at CCAE. He was available for a photo with the Riv Herald on January 23rd, 2013 to receive his reward and there was an article in the paper about his project.

VCAL Intermediate student Jayden Phillips received the Achievement Award for Creative Construction for his Irlen Box Build on January 24th, 2013. This picture was taken with his VCAL Teacher and local Speech Pathologist, Rebecca Amy.

Jayden was rewarded for his outstanding effort and presentation and has earned his Award Certificate, a gift voucher and the privilege of having his Irlen box reside at Echuca Speech Pathology and Dyslexia Services Clinic to educate members of the public on Scotopic Sensitivity Irlen Syndrome.

Congratulation to you all that participated in the project. Well done guys.

Cambodia Immersion

This year VCAL students will embark on a journey to Cambodia for 10 days to experience culture and work within the children orphanage’s sharing education and participating in volunteer work. The students have undergone many projects to raise ongoing funds for their journey overseas.

Last year’s trip was a great success only to inspire many youth this year to participate in the program. One of the main fund raisers for this year will be the ‘Spring on the Murray’ Fashion Show.

The team meets each Tuesday afternoon to discuss their plans for travel. The experience of applying for passports and processing various paperwork is an extreme learning challenge for many of our students. For more information check out our web-site.

Milo Monday’s & Breakfast Tuesday’s

Every Monday Hot Milo is served in Room 2 alongside with other beverages of your choice. The team will also make you toast/raisin-toast to have with your warm delicious Milo. All proceeds is to help fund raise for the Cambodia Immersion 2013.

Tuesday is Breaky day visit Room 2 & 3 and check out the variety of the breakfast menu. All monies will support for fund raising for the VCAL Cambodia Immersion 2013.
A volunteer provides a service through a formal organisation, by choice, without financial remuneration and for the benefit of the community.

Volunteering can deliver a wealth of benefits
Self-worth, great fun, friendships and job opportunities can all be part of getting involved with your community. Volunteering may be an outlet for your natural talents, a road-test for your new career, or simply a handy way to meet new friends. Your strong beliefs and values may also inspire you to volunteer.

**Working out what type of volunteer work you want to do**
To help you decide how you’d like to get involved as a volunteer,

*How could you assist?*
Campaspe College of Adult Education is seeking volunteers to assist in the following areas of operations:
Education 1:1 / 1:2 tutoring work with students
Canteen: Breakfast - Lunch orders
Tuesday & Thursday 9.00 –11.00

---

**Revitalise**

Learning and studying can be an enjoyable pathway it is really up to you and you will hear from time to time from your trainers all about ‘Time Management’. To be stress free and have a clear and healthy mind here is some tips from us to you.

Healthy Breakfast - will give you stamina and helps with mind alertness.

Walking & Stretching - While the weather is good leave the building and get some fresh air helps to clear the mind a walk will give your muscles a stretch that they truly deserve. Get your self into a hobby or join one of recreational courses its great way of meeting new friends and allowing yourself to explore new possibilities.

---

**Arts & Craft**

‘You heard Right’ Every Tuesday we have a gathering from our students that participate in the Arts & Craft program. The Fashion and sewing class this year will be displaying some of their own individual fashion designs at the ‘Spring
**Breakfast Club**

**Time** 8.30 am—9.00 am

**Place** CCAE Catering Room every Tuesday

Coffee/Tea & Hot Milo $2.00

2x Toast / Raisin Toast $2.00

Combo 2x Toast & Drink $3.50

---

**Soup for Winter**

Vegie soup is the way to go

---

**AROMATHERAPY**

Aromatherapy is the use of aromatic plant oils, including essential oils for psychological and physical wellbeing. Aromatherapists blend therapeutic essential oils for each individual and suggest methods of use such as topical, inhalations and massage.

Try this for

Stress relief and relaxation

3 drops Lavender
2 drops sandalwood

---

**GLORIA THOMAS**

**DYSLEXIA SERVICES**

Presenting 2 hour seminar on Scotopic Sensitivity Irlen Syndrome also known as Irlen Syndrome or Visual Perceptual Dyslexia. Gloria has extensive experience in Teaching and Irlen Syndrome diagnosis and intervention.

Please check out Ticket Prices at CCAE.

“World Of Difference”

CCAЕ Cambodia Immersion Program 2013

5.30 pm July 25th, 2013

---

**Soup for Winter**

Vegie soup is the way to go

---

**AROMATHERAPY**

Aromatherapy is the use of aromatic plant oils, including essential oils for psychological and physical wellbeing. Aromatherapists blend therapeutic essential oils for each individual and suggest methods of use such as topical, inhalations and massage.

Try this for

Stress relief and relaxation

3 drops Lavender
2 drops sandalwood

---

**GLORIA THOMAS**

**DYSLEXIA SERVICES**

Presenting 2 hour seminar on Scotopic Sensitivity Irlen Syndrome also known as Irlen Syndrome or Visual Perceptual Dyslexia. Gloria has extensive experience in Teaching and Irlen Syndrome diagnosis and intervention.

Please check out Ticket Prices at CCAE.

“World Of Difference”

CCAЕ Cambodia Immersion Program 2013

5.30 pm July 25th, 2013

---

**Soup for Winter**

Vegie soup is the way to go

---

**AROMATHERAPY**

Aromatherapy is the use of aromatic plant oils, including essential oils for psychological and physical wellbeing. Aromatherapists blend therapeutic essential oils for each individual and suggest methods of use such as topical, inhalations and massage.

Try this for

Stress relief and relaxation

3 drops Lavender
2 drops sandalwood

---

**GLORIA THOMAS**

**DYSLEXIA SERVICES**

Presenting 2 hour seminar on Scotopic Sensitivity Irlen Syndrome also known as Irlen Syndrome or Visual Perceptual Dyslexia. Gloria has extensive experience in Teaching and Irlen Syndrome diagnosis and intervention.

Please check out Ticket Prices at CCAE.

“World Of Difference”

CCAЕ Cambodia Immersion Program 2013

5.30 pm July 25th, 2013

---

**Soup for Winter**

Vegie soup is the way to go

---

**AROMATHERAPY**

Aromatherapy is the use of aromatic plant oils, including essential oils for psychological and physical wellbeing. Aromatherapists blend therapeutic essential oils for each individual and suggest methods of use such as topical, inhalations and massage.

Try this for

Stress relief and relaxation

3 drops Lavender
2 drops sandalwood